

The MCIC CHRONICles

Capitol Day Celebrates Health Awareness Day, Promotes State's Report Card

Mississippi's health report revealed too many opportunities for improvement but Capitol Day for Health Awareness was successful as various associations, alliances and coalitions joined together to make an impact on members of the legislature and the public. The Mississippi State Medical Association Alliance coordinated the day in the Rotunda, bringing in numerous screenings and tests by clinics and hospitals. A press event with spokespersons State Medical Association President Dr. Randy Easterling and State Health Officer Dr. Mary Currier highlighted the morning reviewing the state report card statistics. The Jackson Medical Mall was the scene of health screenings coordinated by the Community Organization for Health Awareness (COHA).

The Mississippi Chronic Illness Coalition exhibit shared information from members, with water and snacks provided by the Mississippi Public Health Association and the Mississippi State University Extension Service. (See pages 2 and 3.)



In keeping with the season, Diabetes Awareness Month, the MCIC November program featured dynamic diabetes presentations. Left photo shows Mary Fortune, executive vice president, Diabetes Foundation of Mississippi, Mary Helen Conner, MCIC chair, Irena McClain, associate director of the Foundation, and Bettye Daniel, director of the Diabetes Prevention and Control Program, Mississippi Department of Health. Shown on the right, are Lisa Camel, project manager for the IQH Mississippi Health First program, Margrett Davis, MCIC vice-chair and American Diabetes Association representative, and Tangel Hales, Mississippi Health First project leader.

The MCIC meeting set for Wednesday, Feb. 17, from 11 to 2 in the State Health Department's Osborne Auditorium is sponsored by the Community Organization for Health Awareness (COHA). COHA will be providing members with blood pressure, cholesterol, and glucose screenings. Members planning to attend were advised to e-mail Kimalessa.Brown@msdh.state.ms.us and to not eat for at least two hours prior to the screenings.

2010-11 meeting schedule: May 19, 2010, August 18, November 17, and February 16, 2011.

Capitol Day 2010



Notes from the Chair

Dear MCIC members,

I want to personally thank all of the members who worked at Capitol Day 2010. To Carole Kelly for coordinating the event, reserving the date for MCIC, arriving early to reserve a table, staying the entire morning and taking photos; Ann Sansing for driving to Jackson, purchasing and labeling bottles of water to distribute, and staying the entire morning; Vickie Tucker for getting 1000 KYN brochures printed, delivering the brochures to the Capitol and to the Medical Mall and working a booth at the Medical Mall for MCIC; Urmila Mota for always coming and assisting with the event. I also want to thank all of the other MCIC members who attended the event and donated their time and resources/handouts and anyone else I may have accidentally left out.

Healthy snacks for Capitol Day 2010 were donated by the Mississippi Public Health Association and I want to extend a special thanks for its generosity.

As we roll into the New Year, Missy Goodman has been cracking the whip on our 501c3 application....MCIC having 501c3 status is actually becoming a reality.

Without the combined efforts of all of the members, there would not be an MCIC. Thanks to everyone for all that you do.

Sincerely,

Mary Helen



Kay Henry of the Public Health Association talks public health highlights with Senator Terry Burton, District 31, Lauderdale, Newton, and Scott Counties.

Public Health Report Card Ranks Worst Firsts; Focus on Capitol Day

Mississippians need to move more and eat less to avoid being at risk for worst firsts, according to the 2010 Public Health Report Card. Copies were distributed on Capitol-Health Awareness Day Jan. 21 by the Mississippi State Medical Association (MSMA) in collaboration with the Mississippi State Department of Health. The report evaluates the health of Mississippians and the adequacy of programs to meet and improve the health needs of the population.

The press event in the Capitol Rotunda featured Dr. Randy Easterling of Vicksburg, president of MSMA, and State Health Officer Dr. Mary Currier. Dr. Easterling pointed out that the 2010 Report Card did not come as a surprise and that it continues to highlight the health issues confronting the state.

"Our first place ranking in obesity and a lack of physical activity can lead to high rates of a variety of chronic and life-threatening conditions such as diabetes, hypertension and heart disease. Reversing these rankings will take public, private and individual efforts," said Dr. Currier.

Living a healthy lifestyle greatly reduces the risk of chronic disease and can reduce health care costs for individuals and the community as a whole. Physicians know all too well that key health behaviors like a poor diet, too little exercise, tobacco use, and substance abuse can lead to heart disease, diabetes, obesity and other preventable conditions, according to Dr. Easterling. Changing lifestyle behaviors now to live healthy can help prevent and manage these conditions.

Mississippians have earned dubious "worst firsts" health rankings, including that of being first in the nation in adult obesity and in adults reporting zero physical activity in the last six months. The state also has the highest teen birth rate in the nation and the second highest infant mortality rate in the nation.

Other unhealthy facts: Second highest adult heart disease mortality, diabetes and hypertension rates; third-highest unintentional injury rate in the nation; highest traffic fatality rate in the nation;

seventh highest national rank in adult smoking, almost 25 percent smoke cigarettes; almost 30,000 cases of new sexually transmitted diseases (STDs).

Dr. Currier: "We know these problems exist; the challenge for all of us is changing our behavior. This is not an easy fix, but it is definitely not one we should ignore."



Ann Sansing of Starkville, MSU Extension; Sara Murphy of Ridgeland, Alzheimer's Association; and Dr. Eric Lindstrom of Laurel, Mississippi State Medical Association, discuss the health report card statistics .

COHA Coordinates Health Fair

Mississippians responded to the health fairs sponsored by the Community Organization for Health Awareness (COHA) Jan. 21. The Jackson Medical Mall was lined with exhibits and health screenings for consumers on the special observation day in Jackson. Sites throughout the state shared information and provided testing in efforts to improve health care statistics for persons of all ages.

Mississippi Chronic Illness Coalition Agenda

February 17, 2010
Osborne Auditorium
11:00—2:00

Wear red to honor Cardiovascular Disease /Heart Month

BP, Cholesterol, and Glucose screeningsCommunity
Organization for Health Awareness (COHA)
10:30 until 11:30 a.m.

(This meeting will begin at 11:30; remember to not eat for at least two hours prior to being screened)

Welcome/ Introduction.....Mary Helen Conner

COHA Presentation ...Dr. Samuel C. Okoye, FAAFP

Mississippi Report Card.....Mary Helen Conner

Committee break-out sessions

Discussion of plans for 2010

Committee Reports

American Lung Association activities

Asthma State Plan updateJennifer Cofer

Old Business

Capitol Day Report

501c3 Application Status

KYN for Children PowerPoint Update

Financial Report

New Business

Sponsor and agenda items for the next meeting

Announcements/Partner reports

Coalition Building/ Networking Opportunities

Meeting Evaluation & Adjournment

Next meeting May 19, 2010
Osborne Auditorium

The MCIC Chronicles is a quarterly publication of the Mississippi Chronic Illness Coalition (MCIC).

Articles and letters expressing opinions on health care and chronic illness will be considered for publication in the newsletter's "Discussing Health Care" Section. Designed for members' input, the section does not necessarily reflect the opinion or endorsement of MCIC.

Articles may be submitted to the secretary at the e-mail address of

Kimalessa.Brown@msdh.state.ms.us or to the public relations/membership chair at ckelly110@comcast.net.

The Mississippi Rural Health Association is the fiscal agent for MCIC.

February 2010